



Welcome to the fifth issue of...

# Where We Live

Welcome to the fifth issue of Where We Live. The City of Hurst has been busy as ever since ringing in 2009. In January, Fire Station No. 2 opened its doors marking the first building to open in Heritage Village. It's also the first building to open in the city's groundbreaking redevelopment initiative, Transforming Hurst. Construction on the Hurst Senior Center is well underway and ground will be broken this spring on the new Conference and Meeting Facility in Hurst Town Center. Needless to say, 2009 is shaping up to be one of the city's most transformative and exciting years to date.

We hope your new year is off to a great start too. Have you made a New Year's resolution to get back in shape? Our Recreation Center has a wide variety of classes and programs designed to do just that. Check out some of our new programs and offerings in the recreation section, starting on page 22.

We invite you to get involved in all of the upcoming spring events and activities and start your new year off right. It's a great time to live in Hurst. We hope to see you soon.

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It has always been the City Council's goal to provide our citizens with the best in programs, events and services in the area. Please let us know how we can continue to serve you better. We hope you are able to take advantage of some of the innovative programs and events your city offers. Now take a moment, sit back and enjoy your fifth issue of **Where We Live**.

# **Hurst City Council**

Back Row: Larry Kitchens-Council Member, Henry Wilson-Council Member, Bill McLendon-Council Member, Charles Swearengen-Council Member Front Row: Nancy Welton-Mayor Pro Tem, Richard Ward-Mayor, Anna Holzer-Council Member

# Knox Boxes provide access

The Hurst Fire Department participates in a program through the Knox Company providing emergency access to commercial and residential property. This program allows non-destructive access to buildings using keys that are stored in the unit. Only the Hurst Fire Department has keys to the Knox Boxes located in Hurst. Residents or Business owners purchase and install the Knox Box units then contact the Fire Department to have the entry keys secured in the box. More information can be found at www.knoxbox.com or by calling the Fire Department at 817.788,7238.

# City Staff

Allan Weegar-City Manager

Allan Heindel-Deputy City Manager

Jeff Jones-Assistant City Manager

John Brown-Fire Chief

Rita Frick-City Secretary

Ron Haynes-Director of Public Works

Dale Harwell-Information Services Manager

Mike Morgan-Development Manager

Steve Moore-Police Chief

Anita Thetford-Director of Finance

Ashleigh Whiteman-Communications Manager

## **Fast Forward Health at Home**

Most of us desire to be healthy but many obstacles can get in our way. One of the biggest obstacles for all of us can be time, time to exercise, time to cook, and time to sleep. Here are a few tips to help you manage your health and your time.

- 1. Plan ahead- plan a basic menu on Sunday afternoon for your meals that week. For example: Monday- Chicken noodle soup and salad, Tuesday- Subway sandwich, Wednesday- Whole grain spaghetti & veggies etc. A little preparation in advance can make cooking and eating easier, faster and healthier.
- **2.** Take the time- use what time you can grab to be healthier. For example- take

the stairs whenever you can, walk for 10 minutes 3 times a day, do desk exercises while at work or walk or workout while your child is at sports practice. You can usually find at least 30-40 minutes each day to get moving and this can lead to weight loss and increased health.

3. Turn it off- turn off your computer, TV, iPod or cell phone for a little while. Take the time to get moving, spend time with your family, walk the dog, get to bed earlier or write in a journal. You may be surprised with all the time you suddenly find and how your mental and physical health improves.

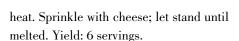
## Easy 30 minute Italian Chicken and Penne

#### **Ingredients:**

- 8 ounces uncooked penne pasta
- 1 pound boneless skinless chicken breasts, cut into 1/2-inch pieces
- 1 small green pepper, julienned
- 1/2 cup chopped onion
- 1 garlic clove, minced
- 1 tablespoon Crisco® Pure Olive Oil
- 1 cup sliced fresh mushrooms
- 1 cup halved cherry or grape tomatoes
- 1 can (8 ounces) pizza sauce
- 1/2 teaspoon Italian seasoning
- 1/3 cup shredded part-skim mozzarella cheese



Cook pasta according to package directions; drain. In a nonstick wok, stir-fry the chicken, pepper, onion and garlic in oil until chicken is no longer pink. Add the pasta, mushrooms, tomatoes, sauce and seasoning; heat through. Remove from



Nutrition Facts: One serving: 1-1/3 cups, Calories: 288, Fat: 5g, Carbohydrate: 36g, Fiber: 3g, Protein: 26g



# Theft Prevention

The Hurst Police Department works for you to keep your city safe 24 hours a day, seven days a week, 365 days a year. Even with this protection, it is always important to do your part to prevent theft from happening to you. Theft costs taxpayers and citizens billions every year. Knowing this, and knowing that you could be a victim, you must work to remove all opportunities for theft that may presently be in your life. You can do that in the following ways:

- Use an engraver to put identifying marks on all lawn equipment and other valuables (do not use Social Security or Drivers License number.)
- Etch your vehicles. V.I.N. etching involves professionally engraving your vehicle's 17-digit Vehicle Identification Number on each window of your car. Because this makes the windows useless for resale, thieves will see the etching and go elsewhere. The Hurst Police Department offers free V.I.N. etching to Hurst citizens by appointment.
- Register your vehicle in H.E.A.T. (Help End Auto Theft).
   Once registered, stickers will be placed on your back window that grant police and border agents authority to stop on your

- vehicle after midnight to make sure it isn't stolen. This free, statewide program is also provided by the Hurst Police Department.
- Keep your garage door closed
- Never leave valuables in plain view, even if your car is locked.
   Put them in the trunk or at least out of sight. Buy in-dash radios, tape and CD players that can be removed and locked in the trunk or taken inside.
- If you go on vacation or an extended leave from home, have your mail and newspapers held by the delivery service or picked up daily. You can also have the Hurst Police Department check your house while you're gone.
- Have the Hurst Police Department conduct a security survey of your home to insure it is properly "hardened" against theft and burglary.

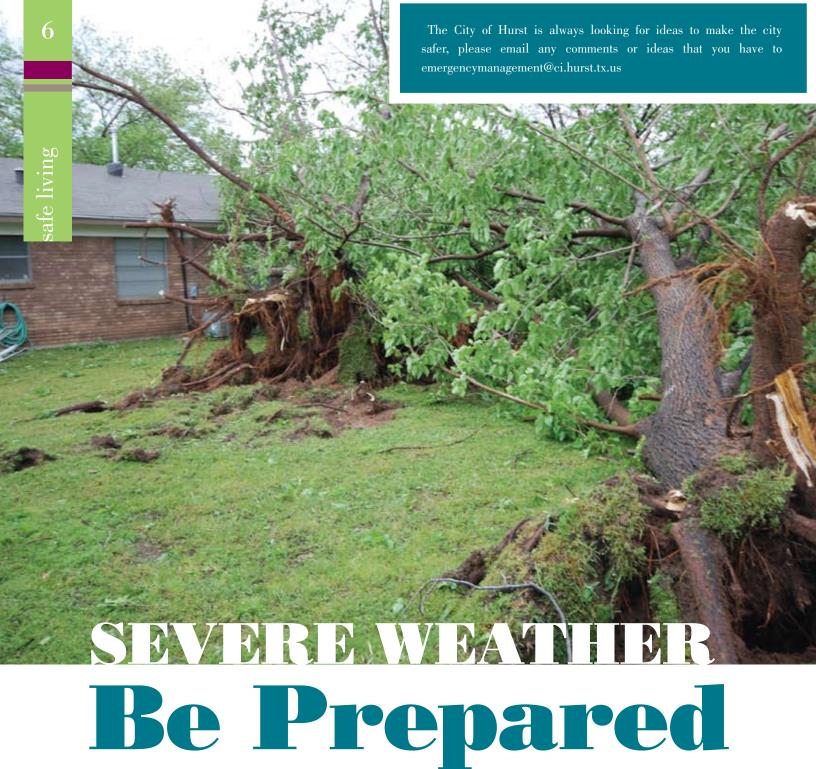
To find out more about these and other ideas on how to prevent theft, please call the Hurst Police Department's Community Services division at 817.788.7342, or talk to Jimmy Meeks, Crime Watch Officer, at 817.788.7375.



# On the cover...

With the first Transforming Hurst building opening in January, we felt it was only right to do the cover shoot at the new Fire Station No. 2. And what's a fire station without firefighters? Featured on the cover are Lieutenant Camron Flynn and Firefighter Ryan Cassell. Flynn has worked for the City of Hurst for 26 years, including two years with the Police Department. A resident of Hurst, he and his wife Joanne have three grown children and one granddaughter. Together, they enjoy home remodeling, dancing and traveling. Cassell, 21 and a new city employee, has been with the Fire Department for seven months. A native of Denison, TX, he enjoys working out and bowling. Cassell and fiancé Kimberly are planning a July wedding. We joined the men of A shift at the new Fire Station No. 2 for the shoot.

\*\*Cover shot by photographer Bill Carter\*\*



Seasons change, but severe weather can happen at any time of year. Preparation and awareness of your surroundings should be constant. Having a NOAA weather radio and heeding the warnings issued by the National Weather Service is the very best way to protect you and your family from severe weather. NOAA weather radios are like having an "indoor warning siren" that delivers timely information that you can hear inside of your house. Using a NOAA Weather Radio allows

you to hear the warning and immediately have the necessary information to react appropriately.

There are also other preparations that can be made so that you and your family are safer and more comfortable after an event. Visit www.ci.hurst.tx.us/safety/fire/emergencymgmt to find out more information or call the Fire Department at 817.788.7238.

# Flooding in Hurst

During Hurricane season, large rainfalls and moderate wind storms come to Hurst. While it is not as dramatic as coastal impacts, our citizens are still affected.

Many called Public Works in July 2007 during the largest rainfall since 1957. In 2008 more called during Hurricane Ike asking for advice and help. Here are ways the City helps during major storm events:

- For delivery of sandbags to homes near flooding, call the 24hour Call Center at 817.788.7212.
- For temporary housing if your home floods, trees fall on your house causing an unsafe condition, or other major damage, call 817-788-7181.
- To report trees or power lines blocking roadways, or traffic signals out of operation, call 911.
- Public Works actively patrols neighborhoods looking for blocked culverts and streets

What is this 24-hour number? It's staffed by our Public Works Operations staff who monitor the city's water system all the time. These dispatchers communicate with the other Public Works staff who are needed in an emergency. Public Works is always on call to help with a live person!

While the city is not responsible for downed power lines, it is a common concern. Call the power company emergency contact listed on your utility bill to report downed power lines. Do not assume others have reported the problem-downed power lines are a priority! Keep you, your children, and pets away from these exposed wires. Residents will need to call an electrician if tree limbs damage your

electric meter connection to your home or business.

After the main storm event has passed, Public Works continues to assist residents. For those who experience damage to their structure, the City of Hurst wants to put you on a damage list. For those with flooding damage, we especially want citizens to register for Repetitive Damage. There are grants available for Repetitive Damage with FEMA. Also, the City uses this flood damage information to make decisions on where storm drainage improvements will be made. Let us know if you flood! We want to help!

# Flood Insurance and Maps for Hurst

Every year flooding causes more property damage in the United States than any other type of natural disaster. According to the U.S. Geological Survey, the State of Texas has witnessed 215 major storms and 41 catastrophic storms from 1853 to 2002. In fact, a home has four times greater risk of flooding than burning during the course of a 30-year mortgage. For most Americans, their home and its contents are the largest investment they own. Most homeowner's insurance policies will not cover losses from flooding because it only covers falling water, not rising water. Buying flood insurance can be an effective way to protect your investment.

Property damage caused by flooding is typically not covered by homeowners, renters, or condo insurance. Coverage is available through a separate flood insurance policy program that is administered by the Department of Homeland Security's Federal Emergency Management Agency (FEMA).

The City of Hurst can help determine if your home needs flood insurance coverage. The City of Hurst participates in the National Flood Insurance Program (NFIP), which makes flood insurance available to all property owners in Hurst. You do not have to live in a floodplain to qualify for flood insurance. Property owners can insure the building and contents, and renters can insure their possessions. To obtain flood insurance, contact your local home insurance provider.

As an NFIP community, the City of Hurst has the latest maps, studies, and revisions to the local floodplains and elevation certificates available for review. Hurst also participates in the Community Rating System Program. This programs saves flood insurance policy holders 10 percent on their annual premiums. Residents, real estate agents, and insurance representatives with questions about the NFIP or floodplains should call the City of Hurst at 817.783.7076.

Flood hazard maps, also known as Flood Insurance Rate Maps (FIRMs), are important tools in the effort to protect lives and properties in The City of Hurst. They indicate the risk for flooding throughout Tarrant County. Over time, water flow and drainage patterns can change due to surface erosion, development and natural forces. New digital maps are available for review at City Hall and will become official later this year. This results in a more accurate map of the areas most likely to be impacted by flooding. Public Works Engineering staff will gladly assist citizens with these maps at the front counter.

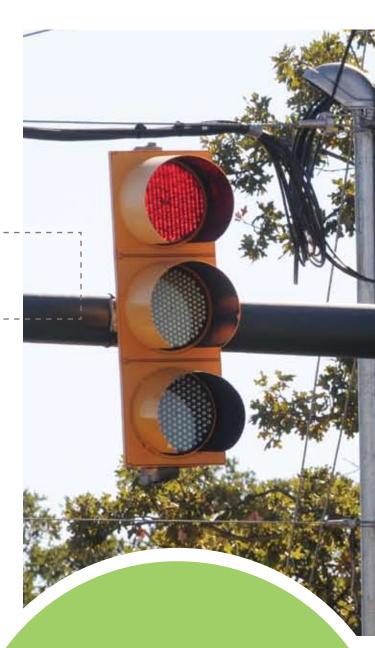
# How to Access City Maps

- 1. www.ci.hurst.tx.us
- 2. Departments> Public Works>Engineering> (scroll down)>View Interactive Maps
- 3. Go straight to maps or view instructions



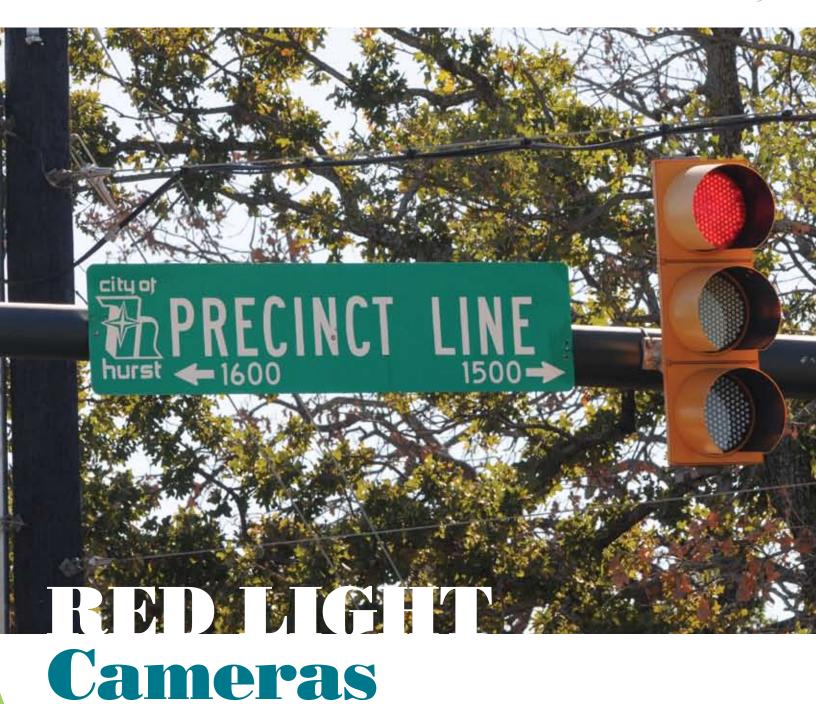
#### Why would I use this?

- With city-specific information—especially parcel (lot)
- For Realtors & Developers: Floodplain, School District, Hydrants, 2ft Topographic Contours
- For Homeowners: Review floodplain information. The
  official maps are at City Hall and city staff are available to help answer questions in person or by phone at
  817.788.7076.
- Measure distances between points of interest in Hurst
- Create location maps for advertising, yard sales



Up-to-the-minute
Precinct Line
Updates
Visit online
www.ci.hurst.tx.us
and click on





# The City of Hurst's Red Light Photo Enforcement Program was launched November 1, 2008. The photo-based system was activated at the intersection of Precinct Line Rd and

Beginning last November, a 30 day warning period was implemented, during which time only warning citations were sent. Actual tickets began being issued Dec. 1.

Pipeline Rd.

Passed by the City Council in June 2008, (City of Hurst Ordinance No. 2057), the automated traffic enforcement initiative is intended to

combat the problem of red light running in Hurst. The goal of the Red Light Photo Enforcement Program is to make Hurst streets safer by decreasing the number of red light runners and reducing injury collisions.

If a vehicle enters the intersection after the light turns red, it is detected automatically and the camera system records the violation. A \$75 civil citation is then sent to the registered owner of the vehicle.

The citation includes photos of the violation and a video is available for the vehicle's owner to view online. The citation does not go against the owner's driving record.

Under the initiative, a notice of violation will be sent to those running a red light at the photo enforced intersection. The notice of violation will include:

- A description of the alleged violation.
- The location of the intersection where the incident occurred.
- Date and time of the violation.
- Name and address of the registered owner of the vehicle involved.
- A copy of the recorded image.



#### Ongoing: **AARP Tax Assistance**

Tuesdays, Noon-4 p.m. February 3-April 14, 2009 Call 817.788.7300 for an appointment

#### **Family Night**

Texas Talk with a Texas Author Thursday, March 19 7:00 PM

Sherri Knight, author of *Tom P's Fiddle—A True Texas Tale* 

Autism 101

Thursday, April 16 7:00 PM

Basics, characteristics, acronyms, diagnosis, and where to get help Lynn Parsons, MS Educational Diagnostician for the Hurst Euless Bedford ISD.

#### **Masterworks at the Library**

Noon Performances, 12:00 PM
Friday, March 13—Chris McGuire,
Classical Guitar
Friday, April 3—Cora Connection, World

Friday, May 8—David Mahler, Hammer Dulcimer

Evening Performances, 7:00 PM Thursday, March 26—Mood Indigo, Jazz Vocalist

Thursday, April 23—E Flat Porch Band, Acoustic Porch Music

Thursday, May 28—Larry Stillwell, Elvis Impersonator

Open to the public, the Masterworks Music Series is funded by a grant from the City of Hurst Hotel/Motel Tax Fund in cooperation with ARTSNET.

#### Libraries: Deep in the Heart of Texas Reading Club 2009

Celebrate reading all summer long. With three clubs—one for kids 6th grade and younger, one for teens in 7th through 12th grades, and one for adults of all ages—everyone has the opportunity for reading fun—and prizes, too! Registration begins May 30th with special activities planned from 10 a.m.-1 p.m. The clubs continue through August 1st with special programs for all ages starting in June. Come to the Library to register or register online at www.hurst.lib.tx. us.

## **Youth Services**

#### **Toddler Time**

For ages 12-36 months
Ongoing
Mondays and Thursdays
10:00-10:30 AM

#### **Story Time**

For ages 3-6
Ongoing
Tuesdays and Wednesdays
10:45-11:15 AM

#### **Chess Club**

For elementary ages and up
Ongoing
Mondays
4:00-5:00 PM

#### Go for the Green

For all ages

Tuesday, March 17 7:00-8:00 PM

Erin go bragh, y'all! Celebrate a Texas culture and learn a bit o' blarney as well as a few facts about St. Patrick, Ireland, and the day almost everyone wears green in an evening of folklore, food and fun!

#### **Chapter Chats**

For 4th-6th graders

Tuesday, March 10

Tuesday, April 14

Tuesday, May 12 7:00-8:00 PM

Do you enjoy talking about books? Here's your chance! Share your views with other kids who have read what you have! Call 817.788.7302 to find out what books will be talked about each month so you can participate.

#### **Puppet People**

For 4th-8th graders
Wednesday, March 18
Wednesday, April 15
Wednesday, May 20
4:00-5:00 PM

Calling Puppet People—old and new! Would you like to try your hand—or two—at puppetry? Now's your chance! We'll be working on shows for kids this summer. Call 817.788.7302 to register.

#### **Spring Tea Party**

For ages 4-11 Saturday, May 16 3:00-4:00 PM

You are cordially invited to attend the Hurst Library's Annual Spring Tea Party. Enjoy stories, refreshments, and more. Reservations are required and will be taken at the Youth Services Desk starting Monday, April 27. Call 817.788.7302 to reserve your seat.

## **Totally Teen**

#### **Volunteer opportunities**

Applications are available April 1.

Do you need volunteer hours this summer?

Have you considered volunteering at the library? We need lots of help with the Summer Reading Club.

Hurst Public Library
The place to go

when you need to know!



#### **Anime Club**

For 7th-12th graders
Thursday, April 2
Thursday, May 7

Anime Club Special

6:00-8:00 PM

Saturday, March 7 2:00-4:00 PM

If you enjoy anime—watching it and talking about it—this is the place for you! Add snacks and other teens that love anime, too, just for fun!

#### Teen Pulse Network—Game Night

For 7th-12th graders

Thursday, March 12 Thursday, April 9 Thursday, May 14 6:30-8:00 PM

Wii want you to be a (Guitar) Hero and Dance Dance (Revolution) for an hour. Take a short break from homework and get in the game!

# L.D. Bell Art and Photography Reception

For all ages

Thursday, March 5 7:00-8:00 PM

Come see art and photography works by students from L.D. Bell High School. Share refreshments and mingle with the student artists whose work will be on display for the month of March. Bring a friend!

# Friends of Hurst Library Book Sale Friday, March 20 5:00-7:00 PM Saturday, March 21

9:00 AM-6:00 PM

## **Special Events**

#### **A Celebration of Cultures**

Tuesday, March 24 5:00-8:00 PM

Enjoy an evening of Music, Dance, and Arts & Crafts from a variety of Texas Cultures.

# Dealing with a Loved One's Memory Loss

Thursday, May 21 3:00-5:00 PM

The Alzheimer's Association - North Central Texas Chapter discusses understanding memory loss when memory loss is a problem.

#### **Brown Bag Book Discussions**

Noon

March 5—A Mercy by Toni Morrison April 2—Water for Elephants by Sara Gruen

May 7—Mudbound by Hillary Jordan
Bring your lunch and join us at noon on
the first Thursday of each month in the
Hurst Public Library Reading Alcove for
an informal book chat. Multiple copies
of the books are available at the library
information desk

# Visit the Library Online

www.hurst.lib.tx.us

View the iBistro catalog
Place items on hold
View your own record
Renew materials online

Home access to over 60 databases for research

Download eAudiobooks and video

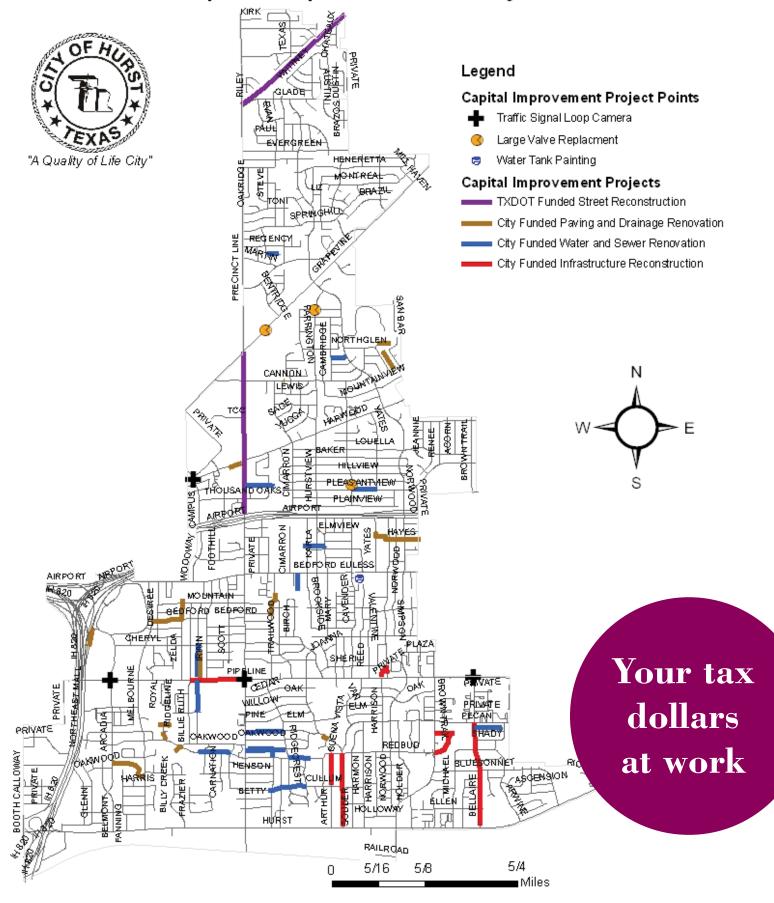
# Library Expansion Update

In December 2008, the Hurst Library Board and City Council approved the design concepts presented by Hidell and Associates Architects for the Library Expansion Project. This project was overwhelmingly approved by Hurst voters in the 2005 bond election, and will be a valuable asset to the city once completed. In the next few months, the Library Board will be working

with Hidell and Associates and city staff to finalize the design and develop the architectural drawings.

The construction phase of the Library Expansion Project is scheduled to begin in summer 2009 and should be completed by spring 2010.

# 2009 Public Works Capital Improvement Projects



# **Hurst Citizens Fire Academy**

The Hurst Fire Department is now taking applications for the Hurst Citizens Fire Academy. The sixth class will begin on Monday, April 6.

The ten-week class gives our citizens the opportunity to see first hand the duties and responsibilities firefighters. You will learn about the organization and operation of the Hurst Fire Department: including Fire Prevention, Disaster Preparedness, Emergency Medical Service, Arson Investigation, Firefighting tactics. Firefighters and officers from the Hurst Fire Department who possess a wide variety of skills, experience and training will provide the instruction. Citizens will have the opportunity to ask questions, discuss issues and learn many of the responsi-

bilities firefighters have as a daily part of their job. Weekly activities include hands on participation with rappelling, search and rescue, extrication and much more. There is also the opportunity to ride out with the firefighters.

For more information or to get an application please call 817.788.7238.

# **Hurst Citizens Police Academy**

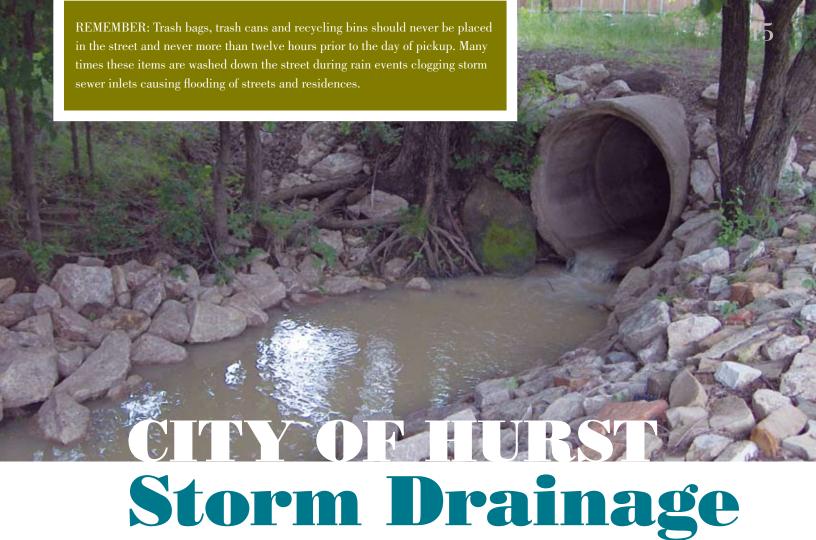
Applications for the 2009 sessions of the Citizen Police Academy are now being accepted by the Hurst Police Department. The CPA is designed to promote better understanding and cooperation between citizens and the police, with the goal to educate citizens about the structure and activities of their police department. The CPA class is not a training class; it is an exciting education class that gives a behind the scenes look at the Hurst Police Department.

The 12 week course meets once a week at the Police Department for three hours. Topics covered in the class include overviews of the entire police organization and structure, crime prevention, criminal investigations, community policing, crime scene, property and identification, TACT, communications center, jail and records section. Employees of the Hurst Police Department instruct the classes.

Upon completion of the CPA, the participants will hopefully have a better understanding of the law enforcement role in the criminal justice system and have some insight into the many challenges that face law enforcement in today's complex society.

For more information contact the Hurst Police Department at 817.788.7342.





The City of Hurst began investigating a storm drainage utility and fee in 1995 due to impending unfunded federal mandates. However, cities with a population less than 100,000 were granted what turned out to be a thirteen-year extension.

Since 1995 all of our surrounding neighboring municipalities have adopted this new storm water utility fee. Several municipalities adopted the fee prior to the Environmental Protection Agency (USEPA) and Texas Commission on Environmental Quality (TCEQ) mandate. Hurst is different: we waited to see what would actually be required by the federal and state stormwater law. Now we clearly know requirements which are included in our Stormwater Management Plan.

# How did the Storm Drainage Utility get started?

Public Hearings will be held on February 27. This included presentations on the unfunded mandates the city must address. Rate

schedules and ordinance specifics were also presented in public meetings. City Council voted to approve the Storm Drainage Utility with many important specific details.

#### How will this help me?

Homeowners and business owners adjacent to streams, channels, inlets and other visible stormwater structures will see the most physical action near their property However, rain falls on many buildings or homes and flows across yards or in pipes until it reaches a stream. Every lot is included in the flow of rain water (storm drainage) downstream.

City staff will continue to provide drainage problem investigation assistance. If you see a location that is flooding, call Public Works 817.788.7212, 24-hours a day, 7 days a week. Engineering staff visit flooding locations and plan improvement projects to fix problems in the city easements or right-of-way.

#### What will this fee be used for?

The budget for the utility will be used for:

- water quality testing in streams
- additional maintenance of waterways
- more storm drainage construction projects
- more erosion control projects
- inspections of construction sites
- computer software for additional tracking, more detailed permits, and work order management

# What are the fees? How do I find them?

The Schedule of Fees adopted by City Council is posted on the website and at Utility Billing in City Hall at 1505 Precinct Line Rd. Changes to this fee schedule must be approved by City Council, which includes public notice.

# How can I find out more about this issue?

Visit the city's website www.ci.hurst.tx.us or call City Hall at 817.788.7080.

# **Volunteers-In-Action**







There's a reason it's called Volunteers In Action. City of Hurst volunteers are, well, always in action. VIA members are involved all over the city, continually giving their time and talents. In December a record number of volunteers were honored at the annual VIA Holiday Coffee. Volunteers who have contributed 200 hours or more either as a full-time volunteer or a special projects volunteer were presented with a Blue Jacket and an invitation to join the "Blue Jacket Club". The 16 volunteers honored for their achievements through the VIA program included Robert Bryson, Tom Culbert, Nell De Laughter, Joel Downs, Jackie Gaven, Betty Hartman, Bill Hines, Ann Kollmorgen, Fred Metcalfe, Doris Metcalfe, Delbert O'Neal, Jackie Schouten, Bob Walker, Gayle Walker, Elaine Wicker and Thomas Wicker.

2009 marks the 30th anniversary of the Volunteers-In-Action program. It is the first municipal volunteer program to be recognized by the state of Texas and has resulted in substantial dollar savings in the day-to-day operations of the City. In 2008, more than 130 volunteers donated nearly 15,000 hours of service resulting in over a quarter of a million dollars in savings.

The City of Hurst will be celebrating the 30th anniversary of the VIA program and honoring all of the city's volunteers at the VIA Banquet on April 22 at Brookside Center. Stay tuned for more information regarding this upcoming event.

# Want to get involved?

The City of Hurst is always looking for new volunteers. If you are interested in joining the VIA program, please contact the Community Services Department at 817.788.7305. Volunteer applications can be picked up at the Community Services' office in the Hurst Public Library or accessed online through the City's website at www.ci.hurst.tx.us.

# **Employee Giving Day**

The City of Hurst's 11th Annual Employee Giving Day is quickly approaching. This year's event will take place on Friday, May 8. The program began in 1998 to help revitalize older areas of the community and help senior citizens make needed repairs to their homes exteriors. Landscaping, clean up and painting are some of the

chores that are provided. Area businesses donate cash and supplies needed for the event and City employees provide the labor.

Applications are still being accepted! Please call 817.788.7238 for an application.



# Good Neighbors

Spring is just around the corner and so is the 12th Annual Good Neighbor Cleanup Event. As always, the event will be held at the Bellaire Shopping Center on April 25 and May 2.

The event runs from 7 a.m. until noon both days to collect your old computers, electronic devices, household hazardous waste, tree limbs, scrap metal and most any kind of trash or junk around the house in need of disposing. No tires, explosives, batteries, compressed gas or construction debris will be accepted. When arriving, please remember to enter off of Bellaire Drive.

We are happy to offer document shredding again this year. To protect yourself from identity theft, gather your outdated paperwork and watch while it is destroyed. In addition, we are also excited to offer for the first time, used cooking oil disposal. Please bring your used cooking oil to be properly disposed of and recycled. Look for upcoming information on a possible regular cooking oil recycle program in the City of Hurst. For more information call 817.788.7217.

# Citizen of the Year

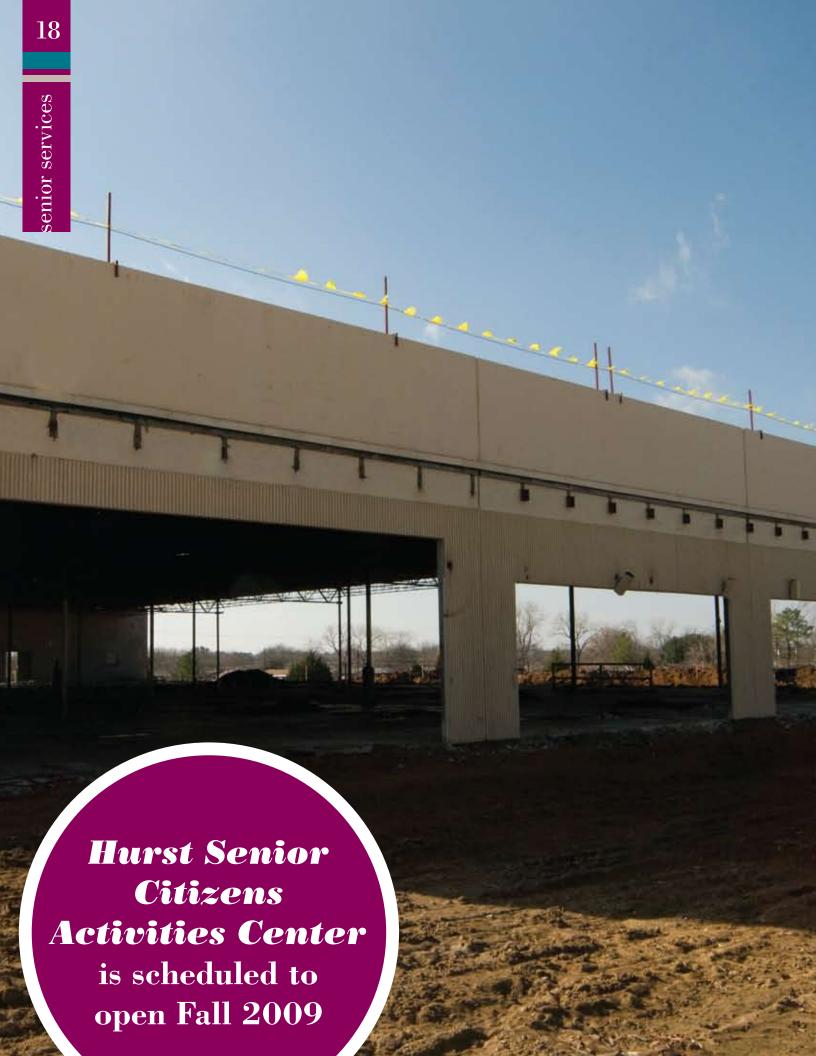
For more than 50 years the City of Hurst has built upon its solid tradition of being a progressive city that is an exceptional place to live and work. Hurst continues this tradition through the efforts of countless committed citizens who dedicate time, meney and volunteer hours to make a difference. Hurst City Council will honor some of these

outstanding individuals on April 16 at the Eleventh Annual Citizen of the Year Awards Program.

The event, created by the Council, will take place at City Hall and honors Hurst residents in five categories including the Pioneer Award, Volunteer of the Year, Community Service

Award, Leadership Award and Youth of the Year. Nominations are now being accepted through Feb.1.

Please call 817.788.7029 for more information or download a nomination form at www. ci.hurst.tx.us.







# Senior Citizens Activities Center

The countdown is on for the opening of the new Hurst Senior Citizens Activities Center. Construction is in full swing at the Heritage Village site. Half of the old Cavendar's building has been demolished and will make room for dedicated Senior Center parking on the west side of the building. The remaining half of the facility has been cleared out and interior construction will begin as soon as the building frame is reconstructed. Items to be completed in the coming months include: installation of underground utilities and network cabling, construction of helical anchors and piers for the Porte Cochere and entrance and construction of the building's exterior frame. It won't be long before the concept you see here is brought to life.

For more information about the new Hurst Senior Citizens Activities Center and Senior Services Division, please contact the Community Services Department at 817.788.7305.

# Transform in Hurst







# Hurst Town Center

Hurst Town Center's transformation will take place in two phases. Phase 1 includes construction on a 50,000 sq. ft. conference and meeting facility along with a 200 room proposed hotel. Phase 2 includes a -\$300 million mixed use development including restaurant, retail, office space and living.



# Heritage Village

As you've probably seen on your way to North East Mall, the City of Hurst is transforming in a big way. The city marked an important milestone in January with the opening of the new Fire Station No. 2 at Heritage Village. Construction on the Hurst Senior Citizens Activities Center is well underway, and plans were approved on new senior housing to be built later in 2009.

Touted as the perfect location for active seniors, Heritage Village is quickly turning into just that. Anchored by a 40,000 square foot state of the art Senior Center, a 10,000 square foot fire station and 103 units of senior housing Heritage Village will be a welcome amenity to the City of Hurst. The development includes a green plaza, access to a 40 acre park with trails and is located within a ½ mile of North East Mall.



The Hurst Recreation Center offers a wide variety of recreational, fitness, and fun activities for all of our patrons. You can shoot some hoops, enjoy volleyball with your friends, play racquetball, walleyball or table tennis. Equipment used to participate in these activities is available for check out, with your "Quality of Life" Rec Card, at the front desk.

If you are looking for a new place to work out, the Hurst Recreation Center has a state-of-the-art Fitness Center and our annual passes and daily visit fees making doing so very affordable! Our Cardio Room has treadmills, elliptical crosstrainers, bikes, stairclimbers, rowing machines, and seated crosstrainers. Many of our treadmills and elliptical crosstrainers now have 15" LCD screens, which enable you to watch television, or use your iPod while working out. There is also an extensive selection of pin-selectorized, and

plate-loaded strength equipment, as well as dumbbells, and flexibility equipment to round-out your total fitness program. If your preferred fitness activity is walking, you can walk on the Recreation Center's indoor Jogging/Walking Track and never miss a workout due to the weather conditions outside. There are also numerous fitness classes (aerobics, spinning, kickboxing, etc.) that will get you into shape.

If you need a little extra motivation to reach your fitness goals, the Hurst Recreation Center has personal trainers, who are available to custom-design a fitness plan that will meet your needs.

For more information, contact the Front Desk at the Recreation Center 817.788.7325.

# **Our Commitment to Quality:**

Your satisfaction is our goal. . .we strive to provide you with quality recreation programs and we take pride in making your recreation experience an enjoyable one. Join us this season for recreational, educational, and life-long learning opportunities. If

you are not completely satisfied with your recreational experience, please call us at 817.788.7325 to share your concerns and suggestions for improvement. Thank you for choosing Hurst Parks and Recreation.

ph 817-788-7325 :: fax 817-282-708

#### **Mission Statement**

The Hurst Recreation Division is dedicated to improving the quality of life for citizens of all ages by providing a variety of recreational activities, special events, facilities, and services that encourage life-long learning, fitness and fun.

# Pre-School Programs

Van Gogh's Two's (18 months to 2 years)

Your 2-year old could be the next Van Gogh! Come find out as they express themselves through fun art projects. (Supply Fee \$5)

Instructor: Mary Cassidy (Certified School Teacher)

12020-A	М	4:30-5:00 PM	8WKS	3/23	\$22
12020-B	W	9:30-10:00 AM	8WKS	3/25	\$22

#### Mozart's Two's (18 months to 2 years)

Can you imagine the beautiful music your 2-year old and their new friends will create with musical instruments? They will play musical instruments and games. (Supply Fee \$5)

Instructor: Mary Cassidy (Certified School Teacher)

12000-A	М	5:00-5:30 PM	8WKS	3/23	\$22
12000-В	W	10:00-10:30 AM	8WKS	3/25	\$22

#### Independent Two's (2 to 3 years)

This class is for children who are ready to go to class without their mommies. They will create new projects each week using paint and glue and will have tons of fun! (Supply Fee \$5)

Instructor: Mary Cassidy (Certified School Teacher)

12080-A W	9:00-9:30 AM	8WKS	3/25	\$22
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#### Lunch A Bunch! (3 to 5 years)

Calling all pre-schoolers to the kitchen! Come learn how to create a healthy lunch. (Supply Fee \$10)

Instructor: Mary Cassidy (Certified School Teacher)

121 <i>7</i> 0-A T	10:30·11:15 AM	8WKS	3/24	\$24
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#### **Creative Time For Tots** (3 to 4 years)

This class is designed to teach your pre-schooler important social skills through interaction with others. Your child will prepare for Pre-K through an introduction to letters, numbers and colors. In a structured, yet fun, environment, your child will learn through crafts, music, stories and creative play. (Supply Fee \$10)

Instructor: Barbara Johnson (Certified School Teacher)

12040-A	MW	8:45-10:30 AM	8WKS	3/23	\$56
12040-B	πн	8:45-10:30 AM	8WKS	3/24	\$56

#### Pre-K Kids (4 to 5 years)

This class is designed to prepare your child for Kindergarten. Through crafts, stories, music and play time, they will learn the alphabet, numbers and colors in a structured, yet fun, environment. Your child will develop improved social skills through their interaction with other students. Be sure to bring a sack lunch. (Supply Fee \$10)

Instructor: Barbara Johnson (Certified School Teacher)

12050-A	MW	11:00-2:30 PM	8WKS	3/23	\$98
12050-B	TTH	11:00-2:30 PM	8WKS	3/24	\$98

#### Play & Learn (3 to 5 years)

Playing and learning go hand-in-hand, making learning fun. Your child will be introduced to numbers, letters, colors, painting, and crafts. (Supply Fee \$7)

Instructor: Tammy Slovensky

12160-A MW	11:30-Noon	8WKS	3/23	\$34
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#### Yes, I Can Draw (3 to 5 years)

Yes, you can draw! This class is designed to teach your youngster the first form of communication, art. They will have a chance to let their creativity flow. (Supply List)

Instructor: Mary Cassidy (Certified School Teacher)

12010-A T	9:00-9:30 AM	8WKS	3/24	\$22
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#### Phonics Fun I & II (3 to 5 years)

Come one, come all to the big sounds of letters. You will learn pre-reading skills through games and activities that teach phonics. (Supply Fee \$5)

Instructor: Mary Cassidy (Certified School Teacher)

#### Level I:

12030-A	М	9:00-9:45 AM	8WKS	3/23	\$24		
12030-B	TH	9:00-9:45 AM	8WKS	3/26	\$24		
Level II:							
12030-C	М	10:30-11:15 AM	8WKS	3/23	\$24		

#### Hands on Math (3 to 5 years)

Let's learn numbers the fun way! We will learn to add, subtract, and count. We will also use musical instruments to help us have fun while learning. (Supply Fee \$5)

Instructor: Mary Cassidy (Certified School Teacher)

12205-A	М	9:45-10:30 AM	8WKS	3/23	\$24
12205-B	TH	10:30-11:15 AM	8WKS	3/26	\$24

#### Crafty Motor Skills (3-5 years)

Let's have fun developing our fine motor skills through fun craft projects! By completing the crafts using scissors, pens, and pencils, you will help develop the fine motor skills required to complete these tasks. (Supply Fee \$5)

Instructor: Mary Cassidy (Certified School Teacher)

12120-A	Т	9:30-10:20 AM	8WKS	3/24	\$24
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#### Little Tyke Basketball (4-6 years)

Is your child interested in basketball? Come and get started by learning the basics.

Instructor: Jennifer Baer

	12500-A	W	10:00-10:30 AM	8WKS	3/25	\$22
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#### Little Tyke Soccer (3-6 years)

GGGOOOAAALLL! You will get your feet running and learn the basics of the world's most popular sport. Tennis shoes required.

Instructor: Stacie Castillo

(3-4 years)

12600-A	F	9:00-9:30 AM	8WKS	3/27	\$22			
(4-6 years)								
12600-B	F	9:30-10:00 AM	8WKS	3/27	\$22			

#### Little Tyke Sports (2-6 years)

Looking for some good old-fashioned fun? We'll get a little taste of soccer, basketball, running, fitness, and just plain fun.

Instructor: Stacie Castillo

(3-4 years)

12700-A	F	10:00-10:30 AM	8WKS	3/27	\$22			
(4-6 years)								
12700-B	F	10:30-11:00 AM	8WKS	3/27	\$22			
Instructor: Jennifer Baer								

(2-3years)

12700-C	W	9:00-9:30 AM	8WKS	3/25	\$22			
(4-6 years)								
12700-D	W	9:30-10:00 AM	8WKS	3/25	\$22			

#### Computer Tots (3-5 years)

Come and learn about computers through the Elmo's Pre-School and Jump Start Kindergarten programs!

Instructor: Vicki McMeans

12800-A TH 9:00-9:30 AM 8WKS 3/26 \$22
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#### Let's Find Your Manners! (3-6 years)

Manners? What the heck are those? Come learn about table and basic daily manners that are important to know. To show our parents how much we learned, we will dress up and have tea and sandwiches on the last class. (Supply Fee \$7)

Instructor: Jennifer Baer

12100-A	W	10:45-11:15AM	8WKS	3/25	\$22
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#### Paints and Crafts Galore! (3-5 years)

It's time for fun! We'll create our very own works of art through paints and crafts. (Supply Fee \$5)

Instructor: Tammy Slovensky

12090-A T	11:00-11:30AM	8WKS	3/24	\$22
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# Preschool Programs:

#### Just a couple of reminders...

With your child's best interest in mind, we ask that parents not remain in the classroom after the class begins. Our instructors have found that their quality of instruction is affected by parental distractions and interruptions.

In order to provide the best learning environment, children 3-5 years must be toilet trained.

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# Pre-School & Youth Combination Programs

Basketball 101 (4-6 years and up)

Is the NBA in your future? Come get the ball bouncing and learn the basics to get started!

Instructor: Stacie Castillo

(4-6 years)

22030-A	W	6:006:30 PM	8WKS	3/25	\$22
(6 and up)					
22030-В	W	6:30-7:00 PM	8WKS	3/25	\$22

#### Wild About Animals (3-7 years)

Are you wild about animals? We will explore the animal kingdom through making fun crafts. (Supply Fee \$5)

Instructor: Michelle Riley

12300-A	F	9:30-10:00 AM	4WKS	3/27	\$15
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#### Messy Crafts and Play (3-7 years)

Do you like getting messy? Do you like hands-on playing? We will dig right into crafts with play-doh, painting, gluing, and more. (Supply Fee \$5)

Instructor: Michelle Riley

12222-A	F	10:00-10:45 AM	4WKS	3/27	\$15
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#### **NEW CLASS!** Trains, Planes and Automobiles (3-6 years)

Do you enjoy all modes of transportation? Come play with trains, planes, and automobiles! We will make paper airplanes, be a train conductor, and race cars. (Supply Fee \$5)

Instructor: Michelle Riley

12900-A	F	9:00-9:30 AM	4WKS	3/27	\$15
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#### **Youth Programs**

#### Yes, I Can Draw (6-12 years)

Yes, you can draw! You will develop your fine motor skills by putting your creativity to work through drawing. (Supply list)

Instructor: Mary Cassidy (Certified School Teacher)

	22170-A	Т	5:00-5:50 PM	8WKS	3/24	\$24
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#### Water Coloring (6-12 years)

Calling all kids! Come explore your creative side by creating your very own watercolors. You will learn about color combinations and different applications. (Supply Fee \$10)

Instructor: Mary Cassidy (Certified School Teacher)

#### Homeschool Food Fun (6-15 years)

Come learn how to cook a variety of meals using the stove, oven, and microwave. (Supply Fee \$10)

Instructor: Mary Cassidy (Certified School Teacher)

22060-A	W	Noon-12:55 PM	8WKS	3/25	\$24

#### Homeschool Art Fun (6-15 years)

Let's let our imagination run and create our own works of art! (Supply Fee \$10)

Instructor: Mary Cassidy (Certified School Teacher)

22040-A	W	11:00-11:55 AM	8WKS	3/25	\$24
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#### Soccer for Homeschool (6 and up)

Come and learn the simple skills of soccer.

Instructor: Stacie Castillo

22035-A F 11:00-11:30 AM 8WKS 3/27 \$22			F	11:00-11:30 AM	8WKS	3/27	\$22
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#### Guitar I (9-17 years)

Sing-a-long as you learn basic chords and chord progressions in this beginner class. Students must provide their own guitar (nylon strings preferred.)

Instructor: Ray Wallace

2:	2020-A	TH	6:00-7:00 PM	8WKS	3/26	\$30
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#### Guitar II (All Ages)

Wanting to learn more about playing your guitar? In this class, you will learn music theory, sight reading, and even learn your first solo piece.

Instructor: Ray Wallace

22025-A	Т	6:00-7:00 PM	8WKS	3/24	\$30

#### Guitar III (9-17 years)

Guitar III will help you further the skills you have already learned. You will learn more advanced skills and additional solo pieces of your choice. (The class will be presented in a workshop format.)

 $Instructor: Ray\ Wallace$ 

#### Karate/Self-Defense (5-15 years)

Several forms of martial arts have been blended into a practical system of self-defense designed to combat various situations. You will learn how to handle situations both physically and mentally. Fees for belt testing and uniforms are paid to the instructor.

Instructor: Bob Klavitter

(Beginner 5-7 years)

22111-A	M/W	4:00-5:00 PM	8WKS	3/23	\$34				
(Beginner 8-15 years)									
22111-B	M/W	5:00-6:00 PM	8WKS	3/23	\$34				

#### ITF — Tae Kwon Do (5-15 years)

ITF-Tae Kwon Do is the only original and traditional Korean Tae Kwon Do in D/FW. You will increase your flexibility, physical fitness, self defense, self control, discipline and stress relief while building self-esteem and concentration.

Instructor: Jonathan Nguyen (member of ITF-Unified and Grandmaster Van Binh)

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22700-A	S	3:00	-4:00 PM	8WKS	3/28	\$56	

## **Dance Recital Information:**

Are you looking for our Youth Dance Classes?
Our dance students are preparing for the Spring 2009 Dance Recital!

To assist our students in preparing for the Recital, new students will not be accepted in the Spring session. The dance classes will return in the Summer 2009 brochure.



#### Olympic Sport of Judo (6-12 years)

Judo has been an Olympic sport since 1964. Here is your chance to learn the sport of Judo from a nine-time National medal winner. Judo will not only increase your fitness level, but also increase your confidence and discipline. This is an ongoing monthly

Instructor: Kim Mesa (5th degree black belt)

#### March:

21900-C	М	6:00-7:00 PM	4WKS	3/2	\$32			
	S	9:05-10:05 AM						
April:								
22900-A	М	6:00-7:00 PM	4WKS	4/6	\$32			
	S	9:05-10:05 AM						
May:								
22900-B	М	6:00-7:00 PM	4WKS	5/4	\$32			
	S	9:05-10:05 AM						

#### **Legends Martial Arts** (5-11 years)

A Korean martial art, this class is for all ages. You will develop flexibility, concentration, general conditioning, hand/eye coordination, balance, self-discipline, and physical/mental well-being.

Instructor: Chris Malhiot

WHITE BELTS: (All beginners start in this class.)

#### March:

21500-C	TH	5:00-5:30 PM	4WKS	3/5	\$38			
April:			,					
22500-A	TH	5:00-5:30 PM	4WKS	4/2	\$45			
May:								
22500-B	TH	5:00-5:30 PM	4WKS	5/7	\$45			

#### **REGULAR CLASS:**

March:						
21500F	TH	5:30-7:00 PM	4WKS	3/5	\$38	
January:						
22500-C	TH	5:30-7:00 PM	4WKS	4/2	\$45	
February:						
22500-D	TH	5:30-7:00 PM	4WKS	5/7	\$45	

#### **Gymnastics** Programs

#### Parent/Tot Tumbling (16-36 months)

A fun class for you and your child to build a growing relationship through the learning of basic motor skills, tumbling, and coordination. One child per parent.

Instructor: Lauren Cassidy

32040-A	T	9:30-10:00 AM	8WKS	3/24	\$22		
32040-B	F	9:30-10:00 AM	8WKS	3/27	\$22		
Instructor: Tammy Slovensky							
32040-C	М	9:30-10:00 AM	8WKS	3/23	\$22		
32040-D	T	10:00-10:30 AM	8WKS	3/24	\$22		
32040-E	W	9:30-10:00 AM	8WKS	3/25	\$22		
Instructor: Jennifer Baer							
32040-F	TH	10:00-10:30 AM	8WKS	3/26	\$22		

#### Tiny Tykes (2.5-3.5 years)

Here's a class that introduces your child to the basic motor skills for tumbling and acquaints tots with the gymnastics equipment.

Instructor: Lauren Cassidy

32030-A	T	10:00-10:30 AM	8WKS	3/24	\$22			
32030-B	F	10:00-10:30 AM	8WKS	3/27	\$22			
Instructor: Tammy Slovensky								
32030-C	М	10:00-10:30 AM	8WKS	3/23	\$22			
32030-D	М	10:30-11:00 AM	8WKS	3/23	\$22			
32030-E	T	9:30-10:00 AM	8WKS	3/24	\$22			
32030-F	W	10:00-10:30 AM	8WKS	3/25	\$22			
Instructor: Jennifer Baer								
32030-G	TH	10:30-11:00 AM	8WKS	3/26	\$22			

#### Tumbling Tots I (3-4 years)

Your tot will strengthen motor skills and enhance his/ her coordination while learning tumbling skills and the use of all gymnastics equipment.

Instructor: Lauren Cassidy

32011-A	T	10:30-11:00 AM	8WKS	3/24	\$22	
32011-B	Т	5:00-5:30 PM	8WKS	3/24	\$22	
32011-C	F	10:30-11:00 AM	8WKS	3/27	\$22	
32011-D	F	3:30-4:00 PM	8WKS	3/27	\$22	
Instructor: Tammy Slovensky						

32011-E	М	11:00-11:30 AM	8WKS	3/23	\$22
32011-F	М	5:306:00 PM	8WKS	3/23	\$22
32011-G	T	10:30-11:00 AM	8WKS	3/24	\$22
32011-H	W	10:30-11:00 AM	8WKS	3/25	\$22

Instructor: Jennifer Baer

320114 TH 9:30-10:00 AM 8WKS 3/26 \$2:	320111 TH 0:3010:00 AM 8/M/KS 3/26
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#### **Tumbling Tots II** (4-5 years)

Your tumbler will learn more advanced movements while mastering the skills introduced in Level I.

Instructor: Lauren Cassidy

32022-A	T	11:00-11:30 AM	8WKS	3/24	\$22
32022-В	T	5:306:00 PM	8WKS	3/24	\$22
32022-C	F	11:00-11:30 AM	8WKS	3/27	\$22
32022-D	F	5:00-5:30 PM	8WKS	3/27	\$22

Instructor: Tammy Slovensky

32022-E	W	11:00-11:30 AM	8WKS	3/25	\$22
32022-F	W	5:306:00 PM	8WKS	3/25	\$22

Instructor: Jennifer Baer

32022-G TH	11:00-11:30 AM	8WKS	3/26	\$22
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#### Beginner Gymnastics (6-11 years)

You will learn body control while performing the basic fundamentals of gymnastics and dance on the floor, beam, bars and vault.

Instructor: Lauren Cassidy

32051-A	T		4:00-5:00 PM	8WKS	3/24	\$26
32051-B	F		4:00-5:00 PM	8WKS	3/27	\$26
Instructor: Tammy Slovensky						
32051-C	М		6:00-7:00 PM	8WKS	3/23	\$26
32051-D	W		6:00-7:00 PM	8WKS	3/25	\$26

#### Boys Gymnastics (6-11 years)

Here's a class just for the boys! You will learn basic tumbling while working on strength, fine motor skills, and coordination.

Instructor: Scotty Cottle

32080-A T	6:006:30 PM	8WKS	3/24	\$22
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#### **Advanced Beginner Boys Gymnastics**

With your experience in beginning gymnastics under your belt, it is time to move to the advanced beginner class. You will continue to improve your skills and add new ones.

Instructor: Scotty Cottle

32082-A T 6:3	307:30 PM 8WKS	3/24	\$26
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#### **Adult Programs**

#### **Personal Training**

Do you need motivation to reach your fitness goals? Through personal training, you can reach your cardiovascular and strength training goals with a program tailored for you. A one hour session is \$41 or a series of five is \$172. Sessions are set by appointment.

Instructors: Bilal Roberts, BS Kinesiology/Fitness Management and William Reed, Certified Personal Trainer

#### **Fitness Evaluations**

Are you getting started on your fitness program and do not know where to begin? A fitness evaluation should be your first step in any fitness program. Your level of fitness is assessed in five components: cardiovascular, muscular strength, muscular endurance, flexibility and body composition. A one hour session is \$41. All evaluations are done by appointment.

 ${\it Instructors: Bild Roberts, BS~Kinesiology/Fitness~Management~and~William~Reed, Certified~Personal~Trainer}$ 

#### **Nutrition Counseling**

Can't get rid of that extra weight? Need nutrition assistance for your sports training? Have a medical condition that would benefit from nutrition assistance? Individual nutrition counseling is available for your every need. Expertise in weight loss and management, disease management, sports nutrition, eating disorders, and general wellness. A one-hour session is \$52 or a series of 3 sessions is \$117. All evaluations are done by appointment.

Instructor: Esther White, MS, RD, LD

#### The Power Package

Join forces with the experts in nutrition and fitness for successful results! Your Power Package includes 2 sessions focused on nutrition with a customized diet plan and 2 sessions focused on fitness with an evaluation and personal exercise plan. The Power Package is \$142 for the 4 sessions.

All evaluations are done by appointment.

Instructors: Esther White, MS, RD, LD, Bilal Roberts, BS Kinesiology/Fitness Management and William Reed, Certified Personal Trainer

#### **Energize Exercise**

Do you like to exercise in the morning and feel energized all day? Then this is the class for you. You will exercise at your own level of endurance. The class puts emphasis on your arms, abdomen and legs.

Instructor: Karen Cowley

42010-A	MWThF	8:30-9:15 AM	8WKS	3/23	\$28		

#### **Low Impact Aerobics**

Join the fun and trim your buns with a variety of low impact work-outs. Classes are designed to motivate and energize you while building your strength and stamina.

Instructor: Behka Hartmann (Certified Fitness Instructor)

42040-A	MWF	9:15-10:10 AM	8WKS	3/23	\$38

## **Massage Therapy**

At the Hurst Recreation Center

Would a 10 or 15 minute chair massage help you to relax, and relieve your stress? Or, would you prefer to pamper yourself with a 60, 90, or 120 minute massage? The Hurst Recreation Center now offers massage therapy. Enjoy a chair massage while your child attends a class, or schedule an appointment for a table massage. For more information please check at the front desk of the Recreation Center or call 817.783.7325.

#### Bootcamp

New Year means a New You! Come tone and tighten that awesome body of yours with a variety of workouts including core strength, stability ball, weights, step, circuits, interval training and much more. Keep your body energized up and working and let's achieve your goals!

Instructor: Behka Hartmann (Certified Fitness Instructor)

42420-A	MW	6:35-7:30 AM	8WKS	3/23	\$36
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#### Turbo Kick

Looking for a fun, full body work-out? Turbo Kick incorporates kickboxing skills and principles to really get fit. Come join the fun!

Instructor: Stacy Saljoughi (Certified Aerobics Instructor)

42777-A	W	7:15-8:00 PM	8WKS	3/25	\$22				

#### Pivo

Looking for a change of pace? Piyo is a non-traditional combination of various styles of Pilates and Yoga that encompasses constant movement and flow to improve flexibility, strength, and balance while lowering stress.

Instructor: Stacy Saljoughi (Certified Aerobics Instructor)

42060-A	М	7:15-8:00 PM	8WKS	3/23	\$22

#### Zumba

Zumba is a cardio-based workout with a fusion of latin and international music and dance themes that mix fast and slow rhythms to tone and sculpt your body.

Instructor: Stacy Saljoughi (Certified Aerobics Instructor)

42065-A T	7:15-8:00 PM	8WKS	3/24	\$22
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#### All Star Bootcamp

Each of your workouts in this class will bring resistance training, cardiovascular training, core training, and plyometrics into a unique workout-program that will help you shed inches, increase endurance, and build confidence! You can also receive healthy lifestyle and nutritional counseling from the instructor.

Instructor: Dr. Aaron Gumm

42999-A	MWF	7:30-8:25 AM	4WKS	3/23	\$100
42999-B	MWF	7:30-8:25 AM	4WKS	4/27	\$100

#### **Hip Hop Hustle**

So, you think you can't dance? Anyone can burn calories with this fun, easy-to-follow aerobic workout.

 $Instructor: Stacy\ Saljoughi\ (Certified\ Aerobics\ Instructor)$ 

42075-A	TH	6:1 <i>5-7</i> :00 PM	8WKS	3/26	\$22
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#### **Step-Aerobics**

Star<sup>‡</sup> your Saturday morning energized with step aerobics. There's no experience required!

Instructor: Stacy Saljoughi (Certified Aerobics Instructor)

	42090-A	S	11:00-11:45 AM	8WKS	3/28	\$22
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#### Slim It Out, Tone It Up

Do you want to be sleek and slim? Join this class for a great mix of strengthening and toning exercises to reinvent your body. You will get a total body workout and focus on your core to create a strong and healthy look. This class will challenge and encourage you to meet your goals!

Instructor: Esther White, MS, RD, LD

42015-A TTH	6:40-7:30 AM	8WKS	3/24	\$28
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#### **Body Sculpting**

Here's the total body muscle strengthening class you've been looking for! We'll work on our total body strength using stability balls, tubing, dumbbells, and steps.

Instructor: Michelle Lada (Certified Aerobics Instructor)

		9			
42555-A	S	9:15-10:15 AM	8WKS	3/28	\$26
42555-B	MW	6:15-7:15 PM	8WKS	3/23	\$34



#### Legs & Abs

Do you want to focus on improving your leg and abdominal muscles? This class will help you better define these two areas.

Instructor: Michelle Lada (Certified Aerobics Instructor)

42030-A	T	6:15-6:55 PM	8WKS	3/24	\$14
42030-В	S	10:20-11:00 AM	8WKS	3/28	\$14

#### Cardio Kick

Looking for a fun, full body work-out? Cardio Kick incorporates kickboxing skills and principles to really get fit. Come join the fun!

 $Instructor: Michelle\ Lada\ (Certified\ Aerobics\ Instructor)$ 

42050-A	Т	5:30-6:15 PM	8WKS	3/24	\$14
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#### Cycle & Core

Challenge yourself with a great combo cardio and strength class. Come prepared to spin, sweat, and strengthen for a total body workout. Bring water, bike shorts or padded seat cover, and determination!

Instructor: Esther White, MS, RD, LD

42300-A	Т	5:15-6:35 PM	8WKS	3/24	\$22
42300-В	T	6:00-7:00 PM	8WKS	3/24	\$20

#### Spin & Sweat

Join us for the latest in fitness craze: Spinning! Spinning turns the basics of cycling into a great cardio workout. Get ready to work hard and sweat like crazy.

Instructor: Esther White, MS, RD, LD

42444-A	TH	5:15-6:15 PM	8WKS	3/26	\$22
42444-B	TH	6:15-7:00 PM	8WKS	3/26	\$20

#### **Hurst Hustlers Running Club**

Come join runners of all levels and abilities for a workout. We will accomplish speed, distance, and fun! Perfect way to make friends and meet your running goals!

Instructor: Esther White, MS, RD, L

42001-A	М	6:00-7:00PM	8WKS	3/23	\$30

#### **NEW CLASS! Circuit Training**

Do you want a fat blasting workout? This workout combines bursts of cardio with strength training sets in between to keep your heart rate up. Great way to get into shape!

Instructor: Michelle Lada (Certified Aerobics Instructor)

42005-A	MW	5:30-6:15 PM	8WKS	3/23	\$28

#### NEW CLASS! Camp HRC

Do you have high blood pressure, Type II Diabetes (adult onset), low back pain (non-traumatic), feel sluggish, and just physically unconditioned? It's time to get in shape! Exercise can prevent, treat, and cure diseases associated with poor diet and sedentary lifestyle. Exercise to increase metabolism, bone density, improve body composition, increase energy levels, and more.

Instructor: Bilal Roberts (B.S. Kinesiology/Master of Fitness Specialist)

#### March:

42998-A	MIWIH	Noon-1:00 PM	4WKS	3/2	\$50
42998-B	MW	6:15-7:15 PM	8WKS	3/2	\$25
April:					
42998-C	MTWThF	Noon-1:00 PM	4WKS	4/6	\$50
42998-D	MW	6:15-7:15 PM	4WKS	4/6	\$25

#### Hatha Yoga — Kripalu Style

Learn more about yourself from the inside out with the tools of yoga. Increase your flexibility, balance, and tone your body. Discover the technique of breath control, centering and meditation. (Eat nothing 2 hours prior to class and bring a lap blanket.)

Instructor: Sharon Hasemann (Certified and registered with Yoga Alliance)

42100-A	Т	9:15-10:15 AM	8WKS	3/24	\$32
Instructor: Behka Hartmann					
42100-B	F	10:15-11:10 AM	8WKS	3/27	\$32

#### Scaravelli Yoga

Relax and renew with Scaravelli-style yoga. This userfriendly style of yoga emphasizes the use of breath and gravity to lengthen the spine allowing yoga poses to unfold naturally and comfortably. (Please bring a blanket to class.)

Instructor: Julie Harper (Certified and registered with Yoga Alliance)

10ga Autai	uce)				
42100-C	М	8:15-9:15 PM	8WKS	3/23	\$32
42100-D	W	8:15-9:15 PM	8WKS	3/25	\$32

#### ITF - Tae Kwon Do

ITF-Tae Kwon Do is the only original and traditional Korean Tae Kwon Do in D/FW. You will increase your flexibility, physical fitness, self defense, self control, discipline, and stress relief while building self-esteem and concentration.

Instructor: Jonathan Nguyen (member of ITF-Unified and Grandmaster Van Binh)

427 0071 0 4.000.001711 07710 0720 400		42700-A	S	4:00-5:00 PM	8WKS	3/28	\$56
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#### Olympic Sport of Judo

Judo has been an Olympic sport since 1964. Here is your chance to learn the sport of Judo from a nine-time national medal winner. Judo will not only increase your fitness level, but also increase your confidence and discipline. This is an ongoing monthly class.

Instructor: Kim Mesa (5th degree Black Belt)

#### Mario

	S	10:05-11:30 AM			
April:					
42800-A	MW	7:00-8:30 PM	4WKS	4/6	\$32

41800-C MW 7:00-8:30 PM 4WKS 3/2 \$32

42800-A	MW	7:00-8:30 PM	4WKS	4/6	\$32
	S	10:05-11:30 AM			
May:					

#### May:

42800-B	MW	7:00-8:30 PM	4WKS	5/4	\$32
	S	10:05-11:30 AM			

#### **Legends Martial Arts**

You will develop flexibility, concentration, general conditioning, hand/eye coordination, balance, self-discipline, and physical/mental well-being.

Instructor: Chris Malhiot

 $White\ belts: (All\ beginners\ start\ in\ this\ class.)$ 

#### March:

21500-C	TH	5:00-5:30 PM	4WKS	3/5	\$38					
April:										
22500-A	TH	5:00-5:30 PM	4WKS	4/2	\$45					
May:										
22500·B	TH	5:00-5:30 PM	4WKS	5/7	\$45					
Regular Cl March:	Regular Classes March:									
41128-C	TH	7:00-9:00 PM	4WKS	3/5	\$38					
April:		,								
42128-A	TH	7:00-9:00 PM	4WKS	4/2	\$45					

#### Tai Chi – Beginner

This class will focus on the basics of Tai Chi. Emphasis will be on relaxation, balance, and making the mindbody connection necessary in Tai Chi. Class will study the movements of the first section of the Yang long form.

7:00-9:00 PM

4WKS

\$45

Instructor: Dan Streeter

#### March:

May:

42128-B

maren:										
41070-C	TH	7:30-8:45 PM	4WKS	3/5	\$37					
April:										
42070-A	TH	7:30-8:45 PM	4WKS	4/2	\$37					
May:										
42070-В	TH	7:30-8:45 PM	4WKS	5/7	\$37					

recreation

#### Tai Chi – Advanced

This is for advanced students who have a working understanding of the Yang-style 103-movement form. Emphasis will be on relaxation, balance, and making the mind-body connection necessary in Tai Chi. Class will study the movements of the first section of the Yang long form.

Instructor: Dan Streeter

#### March

S	9:05-10:30 AM	4WKS	3/7	\$37
S	9:05-10:30 AM	4WKS	4/4	\$37
S	9:05-10:30 AM	4WKS	5/2	\$37
	S	S 9:05-10:30 AM	S 9:05-10:30 AM 4WKS	S 9:05-10:30 AM 4WKS 4/4

#### **Belly Dance Basics**

Fun dance class! Come learn the basics of belly dance, American Tribal Style! A healthy, low-impact dance class suitable for all body types.

Instructor: Pavalina

42200-A	T	7:00-8:00 PM	8WKS	3/24	\$40
42200-B	TH	7:00-8:00 PM	8WKS	3/26	\$40

#### **Intermediate Belly Dance**

This class will cover transitions and combinations of belly dance techniques and introduce Zills (finger symbols).

Instructor: Pavalina

42225-A	T	8:00-9:00 PM	8WKS	3/24	\$40

#### **Advanced Belly Dance**

This class will take you to the next step in belly dance. You will learn to use props and proper staging.

Instructor: Pavalina

42227-A	T	9:00-9:45 PM	8WKS	3/24	\$40

#### **Tribal Evolution**

This class will cover Tribal Fusion performance preparation.

Instructor: Pavalina

42226-A	TH	8:45-9:45 PM	8WKS	3/26	\$40

# Help Us Help You!

Please enroll early!

Help us keep your favorite classes around by enrolling early.

There is a point when classes must be cancelled due to low enrollment.

Help us prevent course cancellations by registering early.

#### **Exploring Water Color**

If you have always wanted to learn how to paint, then why not start with watercolors? This introductory class consists of basic techniques, color harmony, and composition. (Supply list)

Instructor: Lesley Talty

42120-A M	9:30-Noon	8WKS	3/23	\$50
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#### **Brush & Palette**

Express your talent through the art of oil painting! Basic strokes, color mixing, and application will be covered. (Supply list)

Instructor: Elaine Roosz

42110-A	Т	9:00-Noon	8WKS	3/24	\$50
42110-B	T	6:30-9:00 PM	8WKS	3/24	\$50

#### **Porcelain Dolls**

Learn each step of creating a beautiful and delicate porcelain doll. Brushes and paints will be provided for you to use in class. (Supply list)

Instructor: Micke Kelch

4	42080-A	TH	10:00-1:00 PM	8WKS	3/26	\$52
	42080-B	TH	6:00-9:00 PM	8WKS	3/26	\$52

#### Guitar

Sing-a-long as you learn basic chords and chord progressions in this beginner class. Students must provide their own guitar (nylon strings preferred).

Instructor: Ray Wallace

42500-A	TH	7:15-8:15 PM	8WKS	3/26	\$30
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#### Guitar II (All Ages)

Wanting to learn more about playing your guitar? In this class, you will learn music theory, sight reading, and even learn your first solo piece.

Instructor: Ray Wallace

	22025-A	T	6:00-7:00 PM	8WKS	3/24	\$30
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#### Guitar III (All Ages)

Guitar III will help you further the skills you have already learned. You will learn more advanced skills and additional solo pieces of your choice. (The class will be presented in a workshop format.)

Instructor: Ray Wallace

22023-A	Т	7:15-8:15 PM	8WKS	3/24	\$30

#### Adults On The Computer — Step 1 and Step 2

Whether you have no idea how to turn on your computer or you're ready to cruise the Internet, we have a computer class for you. In Step 1, you will learn the basics of operating your computer. In Step 2, you'll venture into word processing and spreadsheets.

Instructor: Vicki McMeans

#### Step 1

42600-A	TH	11:35-1:00 PM	8WKS	3/26	\$50				
Step 2									
42600-B	TH	1:05-2:30 PM	8WKS	3/26	\$50				

#### The ABC's of Microsoft Word, Excel, & PowerPoint

Now that you have learned how to turn your PC on and off, let's learn how to use it! We'll explore the ABC's to Microsoft Word, Excel, and PowerPoint.

Instructor: Vicki McMeans

42666-A	TH	9:35-10:55 AM	8WKS	3/26	\$50

#### Wedding/Party Dance — The Foxtrot Part I & Swing

Come and learn the social dance that is danced at most weddings, parties, cruise ships, and "just fun" type gatherings: the Foxtrot! Dress comfortably and prepare to have fun while learning to dance. Couples encouraged, but singles welcome. Class meets at the Brookside Center. Prices are per person.

Instructor: Gene Willman

(Professionally Trained Dance Instructor)

#### Part I - Beginning:

42165-A	М	6:30-7:15 PM	4WKS	3/23	\$35
42165-B	М	6:30-7:15 PM	4WKS	4/20	\$35

#### Cha Cha – Part I

Enjoy this fun, flirty, playful dance through Cuban motion and syncopated steps. No open-toed, alligator long-toed, sliders, or sneaker-style shoes allowed. Dress comfortably and prepare to have fun while learning to dance. Couples encouraged, but singles welcome. Class meets at the Brookside Center. Prices are per person.

Instructor: Gene Willman

(Professionally Trained Dance Instructor)

42150-	M	7:30-8:15 PM	4WKS	3/23	\$35
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#### Cha Cha - Part II

We add to this fun, flirty, playful dance through Cuban motion and syncopated steps, with Silver Patterns that are fun and leadable. These can be used in both Latin or Country Western Cha Cha dance. No open-toed, alligator long-toed, sliders, or sneakerstyle shoes allowed. Dress comfortably and prepare to have fun while learning to dance. Couples encouraged, but singles welcome. Class meets at the Brookside Center. Prices are per person.

Instructor: Gene Willman

(Professionally Trained Dance Instructor)

42	145-A	W	7:30-8:15 PM	4WKS	4/22	\$35
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#### **Country & Western:**

#### 2-Step/3-Step Beginner

YEEHAW! Come and learn to 2-step/3-step your way across the dance floor. We'll learn basic Texas, old country and western, and the progressive 2-step dances. No open-toed, alligator long-toed, sliders, or sneaker-style shoes allowed. Dress comfortably and prepare to have fun while learning to dance. Couples encouraged but singles welcome. Class meets at the Brookside Center. Prices are per person.

Instructor: Gene Willman

(Professionally Trained Dance Instructor)

42140-A W	7:30-8:15 PM	4WKS	3/25	\$35
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#### Salsa - Part I

We will cover all the basics including cross over, right side pass, left side pass, turns, free style, and more! Leading for the men and following for the ladies will be taught. No open-toed, alligator long-toed, sliders, or sneaker-style shoes allowed. Dress comfortably and prepare to have fun while learning to dance. Couples encouraged but singles welcome. Class meets at the Brookside Center. Prices are per person.

Instructor: Gene Willman

(Professionally Trained Dance Instructor)

42175-A	М	8:30-9:15 PM	4WKS	3/23	\$35
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#### Salsa - Part II

We will be adding to your Salsa basics and go for more challenging patterns. Double hand leads and lots of turns for both the ladies and men. Come on and take the challenge! Leading for the men and following for the ladies will be taught. No open-toed, alligator long-toed, sliders, or sneaker-style shoes allowed. Dress comfortably and prepare to have fun while learning to dance. Couples encouraged but singles are welcome. Class meets at the Brookside Center. Prices are per person.

Instructor: Gene Willman

(Professionally Trained Dance Instructor)

	42155-A	W	8:30-9:15 PM	4WKS	4/22	\$35
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#### West Coast Swing - Part II

We will learn one of the most popular forms of swing which originated on the west coast, and more challenging leadable patterns to add to your brain. No open-toed, alligator long-toed, sliders, or sneaker-style shoes allowed. Couples encouraged, but singles welcome. Class meets at the Brookside Center. Prices are per person.

Instructor: Gene Willman

(Professionally Trained Dance Instructor)

42160-A W 8:30-9:15 PM 4WKS 3/25 \$35
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#### **Line Dancing for Fun**

Come on out and have some fun while getting some exercise by learning line dances that are fun and challenging. Line dancing is getting more and more popular in most country western establishments. You don't need a partner but you do need water. No opentoed, alligator long-toed, or sneaker-style shoes allowed. Dress comfortably and prepare to have fun while learning to dance. Class meets at the Brookside Center. Prices are per person.

Instructor: Gene Willman

(Professionally Trained Dance Instructor)

42130-A	М	7:30-8:15 PM	4WKS	4/20	\$35

#### **Exercise/Workout Latin Style**

Enjoy this fun, flirty, playful routine and workout through Cuban motion and syncopated steps. We will move and exercise to Latin style salsa and Cha Cha patterns plus some meringue and then cool down and stretch with the romantic Bolero. Dress comfortably and prepare to sweat and have fun. Men and women both are encouraged. Class meets at the Brookside Center. Prices are per person.

Instructor: Gene Willman

(Professionally Trained Dance Instructor)

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42135-A	W	6:30-7:15 PM	4WKS	3/25	\$35
42135-B	W	6:30-7:15 PM	4WKS	4/22	\$35

#### Bachata

Come learn another Latin social dance that is kin to the Salsa and Cha Cha. Bachata consists of side to side as well as back and forth movements to 4/4 time music. If you go Salsa dancing then come and learn the Bachata. It's fun, flirty and easy to do. Easy steps and relaxed frames, turns, and raps are taught in the lesson. Come learn and enjoy the dance of fiestas and parties of the Latin community. Dress comfortably and prepare to have fun while learning to dance. Couples encouraged but singles welcome. Class meets at the Brookside Center. Prices are per person.

Instructor: Gene Willman

(Professionally Trained Dance Instructor)

42180-A	М	8:30-9:15 PM	4WKS	4/20	\$35

# Tri-Cities Promenadors:

Did you know that the Tri-Cities Promenadors offer Square Dance lessons at the Brookside Center on Tuesday nights from 7:30-9:30 PM? **Drop by and give it a try!**  recreation

# Recreation Division Programs



## **Recreation Center Fees:**

	Hurst Residents	Non-Hurst Residents
Daily Pass	\$1.00	\$5.00
Annual Pass Youth (6 – 15 years)	\$10.00 per year	\$40.00 per year
Annual Pass Adult (16 – 64 years)	\$25.00 per year	\$100.00 per year
Annual Pass Senior (65+ years)	\$10.00 per year	\$40.00 per year
Annual Family Pass	\$65.00 per year	N/A
Replacement Card Fee	\$5.00	\$5.00

See
Page
36 for
registration
information

# Recreation Center Information:

700 Mary Drive :: 817.788.7325

#### Hours of Operation:

Monday-Thursday Friday Saturday Sunday 6:30 AM – 10:00 PM 6:30 AM – 6:00 PM 9:00 AM – 6:00 PM 1:00 PM – 6:00 PM

## **Healthy Hurst:**

Healthy Hurst Online Wellness Program Information

Healthy Hurst is the City of Hurst's community-wide wellness initiative. With the use of the information and links that are available on the City of Hurst's Healthy Hurst webpage, participants can increase their health, wellness, and fitness.

Healthy Hurst is a FREE program, and all participants receive a Healthy Hurst t-shirt at the time of registration. Participants are also encouraged to register for the various FREE events that will be offered throughout the year as part of the Healthy Hurst Program.

The Healthy Hurst program is open to all Hurst residents, as well as non-residents who have purchased a Hurst Recreation Center Annual Pass. Incentive awards are also available to all participants as they track and log their fitness activities!

Healthy Hurst has a myriad of tips and information on nutrition, fitness, wellness and health. Give it a try today! Let Healthy Hurst help you get started toward your wellness, health and fitness goals! For more information on the Healthy Hurst program, contact the Hurst Recreation Center at 817.788.7325.

# Special Events:





## EGGstravaganza 2009

Saturday, April 4, 2009

Activities start at 1 PM Egg hunt starts at 2 PM Hurst Community Park 601 Precinct Line Road

(just south of Pipeline Road)

Event is FREE. Activities include: Crafts, Hurst Clown Arounds, Games, Petting Zoo, Photos with Mr. Bunny and refreshments. Please, no pets.

For more information, call 817.788.7320.

# Concert in the Park with the Northeast Orchestra

Friday, April 24, 2009

(rain date Sept. 25)

7:00 - 8:00 PM

Chisholm Park, 2200 Norwood

Bring the whole family, blankets, lawn chairs and a picnic dinner to enjoy the sounds of the Northeast Orchestra.

For more information, call 817.788.7320.



#### Softball Information Summer League Registration

#### Returning Teams:

(Teams that played in Hurst in 2008 and 2009)

May 4 – 5, Monday, 8:00 AM-5:00 PM and Tuesday 8:00 AM-6:00 PM Hurst Recreation Center (700 Mary Drive)

#### **Open Registration:**

Monday thru Friday, May 6-22Monday, Wednesday, and Friday from 8:00 AM-5:00 PM and Tuesday and Thursday from 8:00 AM-6:00 PM Hurst Recreation Center (700 Mary Drive)

#### Entry Fee:

\$325 for a 10 game season (with no City Playoffs)

#### League Nights:

Monday - Friday

#### League Schedules:

Available May 27

#### Season Begins:

Monday, June 1

#### **Basketball Information Spring League Registration**

#### Registration:

Monday thru Friday, March 23 – April 3 Monday, Wednesday, and Friday from 8:00 AM-5:00 PM and Tuesday and Thursday from 8:00 AM – 6:00 PM Hurst Recreation Center (700 Mary Drive)

#### Entry Fee:

\$265 for a 7 game season (With Playoffs for teams who qualify)

#### League Nights:

Tuesday

#### League Schedules:

Available April 7

#### Season Begins:

Tuesday, April 14

For more information, call 817.788.7320.

# **Youth Sports Associations:**

Mid-Cities Premier Fastpitch Association

(MCPFA) 817.825.2198 www.eteamz.com/hurstgsl

Mid-Cities Basketball Assn. (MCBA) 817.354.6208 www.midcitiesbasketball.org

Mid-Cities PeeWee Football & Cheerleading Assn.
817.282.2390
www.midcitiespeeweefootball.org

Tri-Cities Baseball Assn. (TCBA) 817.285.0200 www.tcbaseball.com

Hurst United Soccer Assn. (HUSA) 817.282.8680 www.hurstunitedsoccer.com





"Home of the Team Hurst Junior Development Program"

### **Junior Tennis**

Pee Wee Tennis (Ages 6 & under)

Introduction to the game of tennis. Emphasis is placed on motor skills in a fun learning environment. Kids will learn basic strokes and play lots of fun games.

Instructor: Chuck Bison, USPTA, and Staff

Times: 4:45 PM - 5:30 PM		Price: \$36 Day	rs: Thursday
	82601-A	Begins 3/5	4 WKS
	82601-B	Begins 4/9	4 WKS

#### Jr. Beginner Tennis (Ages 7 & up)

A fun class for beginners. Learn the forehand, backhand, serve and volley. Kids will play plenty of fun games.

Instructor: Chuck Bison, USPTA, and Staff

Times: 5:30 PM - 7:00 PM	Price: \$60	Days: Thursday
82502-A	Begins 3/5	4 WKS
82502-B	Begins 4/9	4 WKS

#### Junior High Drill Class (Ages 11 and up)

For Junior High players getting ready for the next step toward playing Varsity tennis. Singles and doubles strategy and plenty of drills, techniques and tactics.

Instructor: Sam Elliott, USPTA, and Staff

Times: 7:00 PM - 8:30 PM	Price: \$60 Do	ys: Tuesday
82504-A	Begins 3/3	4 WKS
82504-B	Begins 4/7	4 WKS

#### High School Drill Class (Ages 14 and up)

For High School players looking to improve their overall game. Singles and doubles, techniques and tactics.

Instructor: Sam Elliott, USPTA, and Staff

Times: 7:00 PM - 8:30 PM	Price: \$60 Day	ys: Tuesday
82504-A	Begins 3/3	4 WKS
82504-B	Begins 4/7	4 WKS

# Attention Tennis Players!

Those looking for a steady practice partner can rent the Hurst Tennis Center's Prince ball machine. It's available for rent seven days a week. The cost is \$10 per hour or \$6 for 30 minutes (tennis balls included). Due to court availability, please reserve the ball machine at least three days in advance.

# **Adult Programs**

#### Adult Beginner/Advanced Beginner Clinic

Just for adults! Learn basic strokes, scoring and strategy. Bring one can of new balls to first class.

Instructor: Kelly Langdon, USPTA, Chuck Bison, USPTA, and Staff

Times: 7:00 PM - 8:30 PM		Days: Tuesday	Price: \$60	
	82505-A	Begins 3/3	4 WKS	
	82505-B	Begins 4/7	4 WKS	

#### Adult Intermediate Clinic

This class is for adults who want to build on existing skills. You'll practice all shots and learn techniques and tactics.

Instructor: Kelly Langdon, USPTA, Chuck Bison, USPTA, and Staff

Times: 7:00 PM - 8:30 PM	Days: Tuesday	Price: \$60	
82506-A	Begins 3/3	4 WKS	
82506-B	Begins 4/7	4 WKS	

#### Men's Open 4.0 Clinic

Meets each Thursday for men rated 4.0 or higher. Learn techniques and strategy. Must register three days in advance. Minimum of four participants.

Instructor: Kelly Langdon, USPTA, and Staff

Times: 7:00 PM - 8:30 PM	Days: Thursday	Price: \$12
88444-A	Begins 3/5	(WEEKLY)

Do you want to practice your serve or hit a few with a friend?

**CALL 817.788.7330** 

for a court reservation.

## **Spring/Summer Operating Hours:**

Effective March 16

Mon. – Thurs. 8:00 AM – 10:00 PM Friday, Sat. & Sun.

8:00 AM - 7:00 PM

**Tennis Center Coordinator** – Mike Campo, USPTA **Tennis Specialist** – Kelly Langdon, USPTA

Tennis Attendants - Randy Cook, Wally Benson, Steven Lu,

Mark Hargrove and Charlie Crosswait.

**Tennis Instructors** – Chuck Bison, USPTA, Jason Brown, USPTA, Greg Smith and Sam Elliott, USPTA

Please bring one can of new, unopened, tennis balls to your first day of class.

## **How about a Private Lesson?**

The HTC Staff offers private lessons for those wanting more one-on-one accelerated learning.

#### Lessons with City of Hurst Tennis Specialist:

Kelly Langdon, USPTA, or Tennis Center Coordinator, Mike Campo, USPTA

\$48 per hour \$26 per half hour \$168 per series of 4 lessons

#### Lessons with Tennis Instructors:

Chuck Bison, USPTA, Greg Smith and Sam Elliott, USPTA

\$47 per hour \$25 per half hour \$168 per series of 4 lessons

#### The Tennis Center Staff also offers:

Private and group lessons. \$80 for 90 minute group lessons for league teams.

#### Services and Facilities:

- Lessons for all ages and abilities
- 10 lighted outdoor courts
- USRSA Racquet Stringers
- Prince Ball Machine
- USPTA Certified Instructors Available
- USTA Adult and Youth Leagues

#### **Court Fees**

(90 minutes)

\$1 Hurst Residents

\$2 Non-Residents

# Racquet Stringing

The Tennis Center has a large choice of string and accessories for your racquet needs. We offer 24-hour turn around service and have three United States Racquet Stringer's Association stringers on staff.

# **Upcoming Tournaments**

Mid-Cities Junior Circuit – TBA

Spring Adult Leagues begin

April 6
must register by

March 30 cost is \$25/person



# Registration Easy-Options!

Walk-in registration beginning on February 16 at 7 AM, is open only to those participants who are Hurst residents. Participants who reside in Fort Worth, North Richland Hills, and Euless, whose mail is delivered to a Hurst "address," are not eligible to register until February 23 at 8:00 AM. Residency is defined by: living within the Hurst city limits, receiving a water bill from the City of Hurst and paying property taxes to the City of Hurst. Out of fairness to all citizens of our community, you may only register the members of your household.

Classes begin the week of March 23. (Unless otherwise indicated.)

#### Walk-In Class Registration Times

(after initial registration days)

Monday-Thursday 7:00 AM-9:00 PM Saturday 9:30 AM-5:00 PM Friday 7:00 AM-5:00 PM Sunday 1:30 PM-5:00 PM

#### Sign-up to register online:

You do not have to wait until your appropriate registration date to activate your account and receive your username and password. Go ahead and do it the next time you are at the Recreation Center for your current class, or working out, and be sure to bring your Hurst water bill, property tax statement or apartment lease and a photo ID as proof of Hurst residency, then you will be ready to register online the day registration begins.

#### Hurst Residents:

Mail-in (check or credit card payment), fax (credit card payment), online (credit card payment), and walk-in (cash, check or credit card payment) registration for Recreation Classes begins February 16.

#### Non-Residents:

Fax (credit card payment), online (credit card payment), and walk-in (cash, check or credit card payment) registration for Recreation Classes begin February 23.

#### Confirmation:

When you mail-in, fax or online register, you will receive a confirmation notice through the postal mail or e-mail. If you want your receipt e-mailed to you, be sure to include your e-mail address on your form. You will be notified if the designated classes are not available. If the class is not available, you may select a second choice.

#### Supply List and Fees:

Some of our classes require a supply list. These classes are noted in the magazine. You will receive a supply list when you register. For those mailed, a list will be included with your confirmation letter. Supplies should not be purchased prior to the Friday before the class starts in case of cancellation. Any supply fees are due on the first day of class.

#### Refund Policy:

When you sign-up for one of our classes, we depend on your participation for a successful class. If you have unforeseen circumstances and cannot attend your class, we will gladly refund your fee with 72 hours notice prior to the class start date. Thank you for you cooperation.



Parks and Kecreation Board

**Recreation Staff** 

Chairman: Alan Neace Vice Chairman: Ralph Hurd Carol Cole Pat King Howard Shotwell

Delbert Derret Rod Robertsor Estelle Teague Recreation Director: Doug Kratz
Recreation Managers: Kim Mesa, Doug McDaniel
& Chris Watson
Recreation Center Supervisor: Mary Singleton
Senior Secretary: Jeanne Coons
Recreation Superialist: Kendall Thornton

## Spring 2009 Class Registration Form

OF AND SELECTION OF AND
EXAS

Head of Household	Home Phone	Work Phone	E-mail Address	
Street Address	Apt#	City	State/Zip	

Participant's Name	Date of Birth	Gender	Class #	Fee
1.				
2.				
3.				
4.				
5.				
			Sub-Total	\$
Non-Resident Fee of \$2 per class	x \$2 (# of classes)	= \$	+ Sub-Total of \$ =	Total Due \$

Payment	Met	hod:
---------	-----	------

\_\_\_\_Check # \_\_\_\_Credit Card \_\_\_\_Cash/Money









Order

Credit Card Payn	nent Authorization:
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\_\_\_\_Visa \_\_\_\_\_ Mastercard \_\_\_\_\_Discover \_\_\_\_\_American Express

\_\_\_\_-

**Expiration Date** 

month year

Checks Payable to : City of Hurst

Mail to: Hurst Parks and Recreation Class Registration 700 Mary Drive Hurst, Texas 76053

Fax to: 817-282-7081

As a participant in any City of Hurst Parks and Recreation Department program or user of the City's facilities or equipment, I recognize and acknowledge the risk of physical injury and agree to assume the full risk of any injuries, including death or damages, that may result from any injury sustained while participating in activities related to the program or from using the City's facilities or equipment. I do fully release the City, its employees and officers from their own negligence for failure to properly design, inspect, or supervise the activities to be engaged in or equipment to be used by the undersigned or the minor from whom the undersigned has signed this release. The City does not provide any medical or other insurance protection or benefits for those who use recreational equipment or engage in activities on City premises.

BY SIGNING THIS RELEASE, I ACCEPT ALL RESPONSIBILITY FOR INJURIES WHICH MAY BE INCURRED.

SIGNATURE OF PARTICIPANT/USER

SIGNATURE OF PARENT/GUARDIAN IF USER IS UNDER 18

DATE

The City of Hurst is proud to be an agency member of the following organizations:



















#### **Parks**

#### **ECHO HILLS PARK**

**500 Heneretta** (7.1 Acres)

- Pavilion
- Playground
- Jogging/Walking Trail System (1/3 mile)
- Picnic Tables
- Youth Athletic Practice Fields (Unlighted)
- Pet Water Fountain

#### HURST ATHLETIC COMPLEX

#### 2104 Precinct Line Road (42.2 Acres)

- 4 Adult Softball Fields (Lighted)
- 6 Youth Soccer Fields (Lighted)
- 4 Youth Soccer Fields (Unlighted)
- Playground
- 3 Group Shelters
- 2 Concession/Restroom Buildings

#### 3 CHISHOLM PARK

#### **2200 Norwood** (50 Acres)

- Aquatics Center
- 4 Youth Softball Fields (Lighted)
- 2 Playgrounds
- 3 Pavilions
- Pond with Fishing Island
- Picnic Tables
- Jogging/Walking Trail System (1.5 miles)
- Fitness Course
- Group Shelter
- Concession/Restroom Building
- 2 Basketball Courts (Lighted)
- 4 Pet Water Fountains

#### 4 SMITH-BARFIELD PARK

#### 640 Pleasantview (6.9 Acres)

- Youth Baseball/Softball Field (Lighted)
- 2 Tennis Courts (Lighted)
- Youth Athletic Practice Field (Unlighted)
- Playground
- Pavilion
- Picnic Tables
- Restrooms
- 2 Pet Water Fountains

#### **5** MAYFAIR PARK

#### **1725 Norwood** (14.4 Acres)

• Youth Athletic Practice Fields (Unlighted)

#### **6** WINDMILL PARK

#### **840 Cheryl** (2 Acres)

• Historical Marker

#### **7** VALENTINE PARK

#### 610 Bedford Court West (4 Acres)

 Youth Athletic Practice Field (Unlighted)

#### **8** HURST HILLS PARK

**575 Billie Ruth** (4 Acres)

#### **9** HURST COMMUNITY PARK

#### 601 Precinct Line Road (44.9 Acres)

- 4 Youth Baseball Fields (Lighted)
- 2 Youth Soccer Fields (Lighted)
- 2 Sand Volleyball Courts (Lighted)
- Pavilion
- 2 Playgrounds
- Multi-Use Trail System (1 mile)
- Picnic Tables
- Wooded Natural Area
- Open Field Play Area
- Concession/Restroom Building
- 2 Group Shelters
- 2 Pet Water Fountains

#### 10 CENTRAL PARK

#### 700 block of Mary Drive (17.5 Acres)

- Recreation Center
- Aquatics Center
- Tennis Center (10 Lighted Courts)
- 2 Pavilions
- Playground
- Picnic Tables
- 2 Outdoor Basketball Courts (Lighted)
- Pet Water Fountain

#### II VIVAGENE COPELAND PARK

#### **501 Pecan Drive** (5.2 Acres)

- Pavilion
- Playground
- Multi-Use Trail System (1/3 mile)
- Open Field Play Area
- 3 Outdoor Basketball Courts (Lighted)
- Pet Water Fountain

#### 12 JAYCEE BAKER PARK

#### **500 Belmont** (4.1 Acres)

- Playground
- Picnic Tables
- Restrooms
- Youth Athletic Practice Fields (Unlighted)
- Pet Water Fountain

#### **BILLY CREEK PARK**

#### 14 REDBUD PARK

#### **525 Redbud Drive** (7.2 Acres)

- Soccer Field (Unlighted)
- Playground
- Jogging/Walking Trail System (1/3 mile)
- Picnic Tables
- Fitness Course
- Pavilion
- Pet Water Fountain

#### 15 BELLAIRE PARK

#### **500 Pecan Drive** (6.4 Acres)

- Playground
- Youth Baseball/Softball Field (Lighted)
- Jogging/Walking Trail System (1/3 mile)
- Pet Water Fountain

#### 16 WAN-KA-KANI PARK

748 Shadylane (4.1 Acres)

• Picnic Tables

#### **17** RICKEL PARK

#### 1001 Bluebonnet (29 Acres)

- 2 Pavilions
- Picnic Tables
- Nature Trails
- Scenic Overlook
- Winding Stream with 2 Bridges
- Jogging/Walking Trail System (1/2 mile)
- 2 Pet Water Fountains
- Playground

### **Facilities**

#### A BROOKSIDE CENTER

#### **B** HURST LIBRARY

# Park Pavilions

listed are available for rental for \$25 per day. If electrical power is needed during the rental, a \$50 REFUNDABLE electrical key deposit is due at the time of reservation.

For more information, call **817.788.7320** 



PRESORTED STANDARD US POSTAGE PAID HURST, TX PERMIT #21

Hurst Resident